



Roasted Garlic Rouille



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 9 servings pepper black freshly ground to taste
- ☐ 0.5 cup bread crumbs fresh
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 1 garlic head
- ☐ 0.1 teaspoon hot sauce
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise

☐ 1 cup roasted peppers red jarred drained

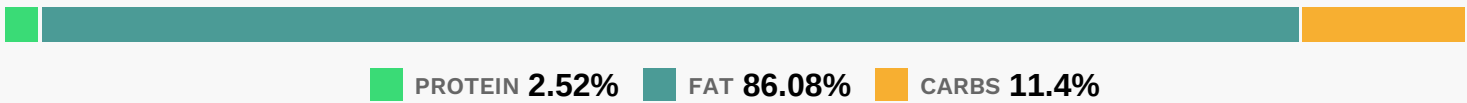
Equipment

- ☐ food processor
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Cut top off garlic head to expose tops of cloves. Wrap head in foil; bake until soft when pressed, 40 to 45 minutes.
- ☐ When cool enough to handle, squeeze cloves into a food processor.
- ☐ Add mayonnaise, red peppers, bred crumbs, lemon juice, thyme leaves, kosher salt, hot sauce, and lots of freshly ground black pepper. Whirl until smooth.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:4.4100000456623%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 198.02kcal (9.9%), Fat: 19.01g (29.24%), Saturated Fat: 3g (18.74%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 5.05g (1.84%), Sugar: 0.6g (0.67%), Cholesterol: 10.45mg (3.48%), Sodium: 545.76mg (23.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin K: 41.14µg (39.18%), Vitamin C: 9.91mg (12.02%), Manganese: 0.11mg (5.71%), Vitamin E: 0.83mg (5.52%), Vitamin B1: 0.07mg (4.42%), Iron: 0.62mg (3.45%), Selenium: 2.19µg (3.12%), Folate: 11.2µg (2.8%), Vitamin A: 134.89IU (2.7%), Vitamin B3: 0.5mg (2.52%), Fiber: 0.61g (2.43%), Calcium: 23.83mg (2.38%), Copper: 0.05mg (2.38%), Vitamin B6: 0.05mg (2.28%), Vitamin B2: 0.04mg

(2.25%), Phosphorus: 20mg (2%), Magnesium: 6.24mg (1.56%), Potassium: 50.39mg (1.44%), Zinc: 0.17mg (1.16%)